

Banana Parfaits with Chocolate Granola

Recipe by Joyce Moon

Ingredients:

1 banana, sliced
6 oz Plain Greek Yogurt
Honey or maple syrup, to taste
½ cup Chocolate Granola, recipe below

Chocolate Granola

Yields: approx. 4 cups granola

Ingredients:

3 cups rolled oats
1 cup Nuts and/or Seeds
1/3 cup Coconut Flakes, unsweetened
¼ cup Cacao
1 tsp. Cardamom or Cinnamon
1 teaspoon salt
½ cup Pure Maple Syrup or Honey
¼ cup Avocado or Coconut Oil
¼ cup Brown Sugar
2 teaspoon Vanilla Extract

Directions:

1. Preheat oven to 350 degrees F.
2. In a large bowl, toss together oats, seeds/nuts, cacao, coconut, cardamom, salt.
3. In a smaller bowl, mix oil, honey/syrup, sugar and vanilla.
4. Pour over oats mixture and mix in.
5. Spread out evenly onto a shepan.
6. Bake for 10 minutes, life and flip with spatula.
7. Flip/stir 2x while baking.
8. Allow to cool and store in airtight container.

To Make Parfaits:

Slice banana and set aside. Place ½ cup yogurt in glass. Top yogurt w/ ¼ cup of granola. Add a layer of banana slices. Place another ¼ cup granola on top of bananas. Add a tablespoon or two of yogurt on top and sprinkle with granola. Garnish with banana slices. Drizzle with honey/maple syrup if desired.

Recipes can be found: <http://www.healthiestbest.com/quick-and-healthy-meals>